

UNICITY

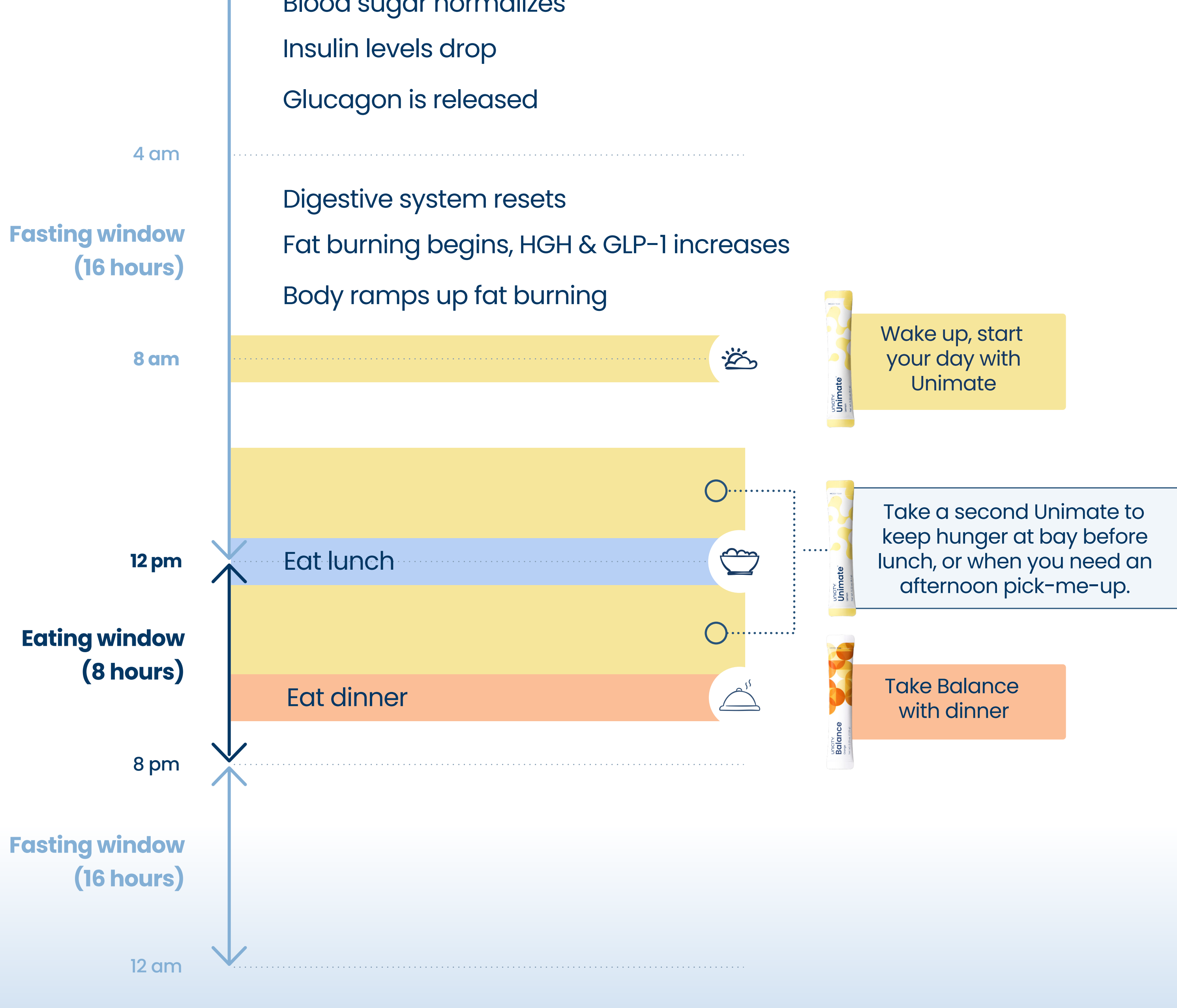
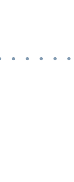
Let's get started with

Feel Great

2.0

The Practice

Let's put the products to work!



STARTING IS SIMPLE

Follow these easy steps:

Unimate



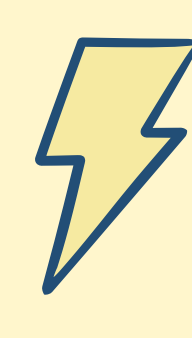
Start your day with Unimate to boost your morning's focus and energy without breaking your fast.



Mix the entire contents of 1 sachet with 17–24 oz. (500–700 mL) with hot or cold water (add more or less to taste).



Take Unimate again before a workout, with your lunch, or any time you need to **get your focus back** on the important stuff.



Balance

Take Balance before or with your heaviest meal of the day.



Mix well with 8–10 oz. (240–300 mL) cold water. Give it a few quick shakes.

Drink Immediately (don't let it sit!)



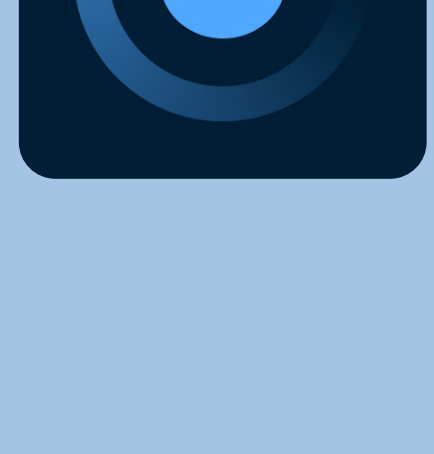
Start your fast after dinner and wait 16 hours until your next meal.

Embrace intermittent fasting



It may take your body time to adjust. Start small if needed—**you've got this!**

Track your progress with



Feel Great - Fasting Coach

